



Exit Interview Questions and Prompts

Participant ID:

Time:

Date:

Location:

Participant's verbal consent to audio recording: YES/NO

- Reminder that this interview will be audio recorded to allow me to remember what we said
- Any answers and direct quotes used in any publication or presentation will not use your name and no one will know that it was you

Overall participation

In your own words what was it like being part of the STAR trial?

Prompts:

- Can you tell me what you liked? What you disliked? What was easy? What were the challenges? How did you find the length of the programme?
- Can you comment on the time commitment required from you for this study? (Too long/short, too often. Would you have preferred longer/shorter sessions, spread over more weeks/fewer weeks, more sessions per week/fewer)
- Is there anything you would change? How could we improve it? How easy/difficult was it to fit into your normal routine of school/university What were their reasons for taking part?

Exercise Class

1. In your own words can you tell me about your experience of taking part in the class as part of this study?

Prompts:

- How did the class compare to anything you've done before? How did you find the specific exercises? Is there anything you would change? Were the exercises too easy or too difficult for you? Explain
- Was there anything in particular you liked about it? What part did you enjoy the most?
- Anything you particularly disliked about it? Which activities did you like the least? Can you tell me why/what about it you liked/disliked
- How did you find completing the exercises on 1 day a week? Would you have liked to exercise for longer/shorter? Can you explain why?
- Did you have any problems/adverse effects while doing you training either in the class?
- If appropriate, would you feel more comfortable using gym equipment after these sessions? Why so/why not? If this programme had been used in an outpatient/community rehab setting do you think you would have used it? Can you tell me why? Which part/time of the day would you be most likely to attend a class like this? How many classes did you attend?

2. In your own words can you tell me about your experience of taking part in the class as part of this study?

- How did the home programme compare to anything you've done before? How did you find the specific exercises? Is there anything you would change? Were the exercises too easy or too difficult for you? Explain
- Was there anything in particular you liked about it? What part did you enjoy the most?
- Anything you particularly disliked about it? Which activities did you like the least? Can you tell me why/what about it you liked/disliked
- How did you find completing the exercises on 2 days a week? Would you have liked to exercise for longer/shorter? Can you explain why?
- Did you have any problems/adverse effects while doing your training at home? Did you feel comfortable completing the programme at home
- If appropriate, would you feel more comfortable using gym equipment after these sessions? Why so/why not? If this programme had been used in an outpatient/community rehab setting do you think you would have used it? Can you tell me why? Which part/time of the day would you be most likely to do the exercises at home. How many exercise sessions at home did you complete

Using the App

3. What was it like using the exercise (Salaso) app? Were there any particular advantages or disadvantages?

Prompts

- Have you ever used an activity app before? Can you tell me about them? How did it compare to the Salaso App? Do you feel that the Salaso App was useful and why? Can you tell me about what you thought about the feedback it gave you (motivating/demotivating)
- What do you think about the role of technology in exercise?
- Would you have preferred to receive a paper copy of your exercise and return a written diary. Why/why not? Do you think the App made a difference to how often and how long you exercised for? In what way?

Previous Physio Experience VS STAR Study

4. Before taking part in the STAR trial what sort of exercises did you do? Are you doing exercises or attending Physio outside of the STAR trial at the moment?

Prompts

- How often, amount of time, home exercise programme, type of exercises.
- Were you given home exercises to do? If so can you tell me about them (how long to perform, how often, whether did perform? Did you have leg exercises? Either way, what were the reasons for performing or not?
- If this exercise programme had been available in an outpatient/community rehab setting do you think you would have signed up? Can you tell me why?



Other

5. Any other comments about any aspect of the study?
6. What would be your main piece of advice for someone running an exercise programme like this?
In your opinion, what have been the main benefits and disadvantages of taking part in this study and exercise class? Or could we ask 'If you had to sum it up in a few sentences, what was the good bad and the ugly about taking part in the STAR trial!!'

General Prompts and Probes

How did that make you feel?

That's interesting can you tell me more about that?

Can you elaborate a little more?

Could you clarify that?

I am not quite sure I understand. You were saying?

When you say Did you mean that.....

Signed:

Dated: